

## ABSTRACT

A vehicle seat includes a base frame (14) attached to a vehicle body, a plate-like movable plate (13) mounted to the base frame by a front mounting shaft (16), and a cushioning mechanism (18) disposed between the base frame and the movable plate. The cushioning mechanism includes an upper connector (21) connected to the movable plate and a lower connector (24) connected to the base frame such that the upper connector and the lower connector are coupled to each other by a viscous material damper (32) and a spring (33). The viscous material damper is adapted to apply resistance to relative movement of the upper connector and lower connector and the spring is adapted to receive and support a load acting on the lower connector from the upper connector.